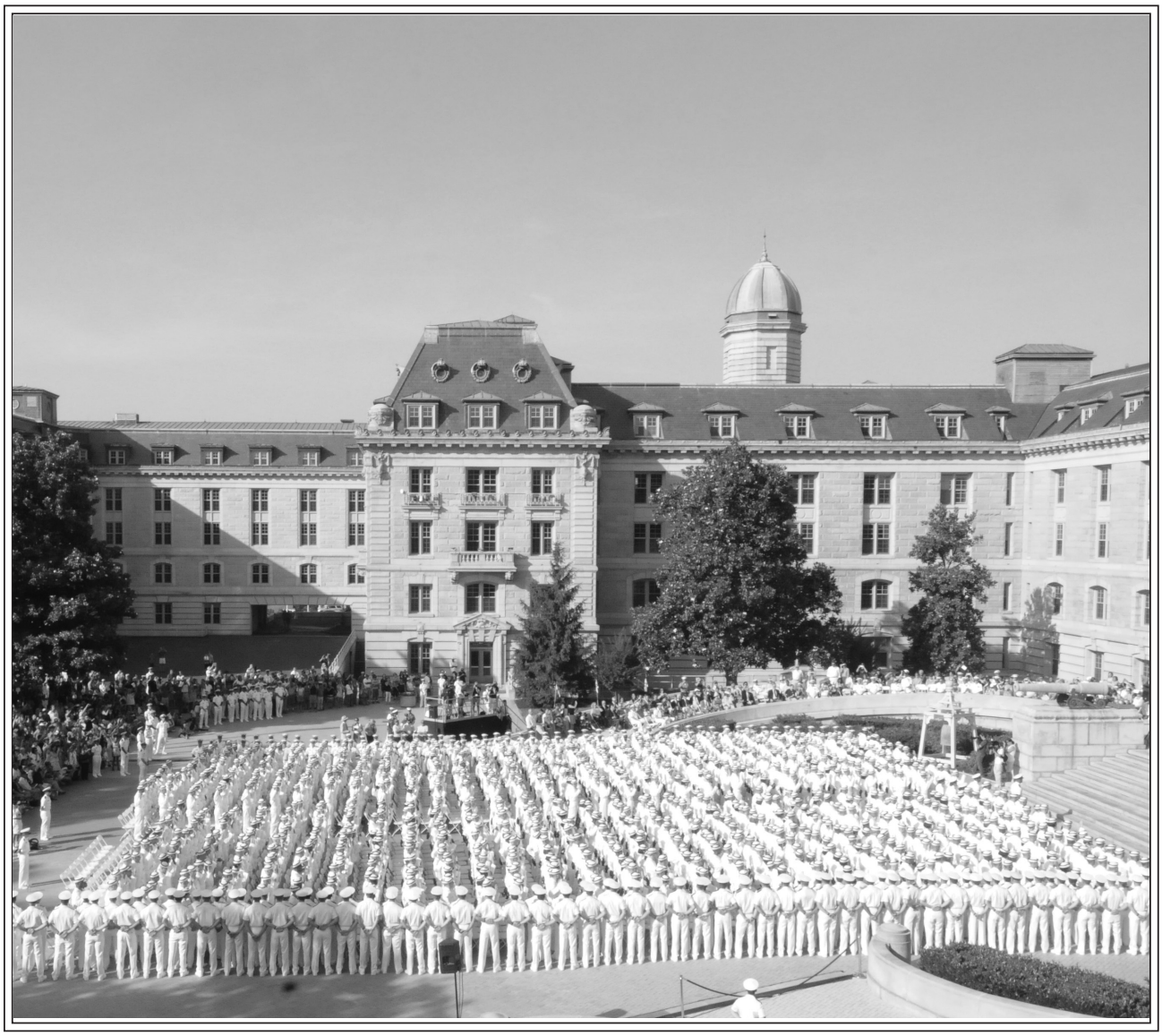
Important Information

for the

Class of 2019

United States Naval Academy

1 July 2015



Congratulations on your appointment and upcoming induction to the United States Naval Academy! In a few months, you will join an elite group of young men and women who aspire to become the next generation ofleaders for the Naval Service and future security of our Nation.

Over the next four years, you will develop into a leader with the ethical foundation required to successfully lead Sailors and Marines during times of peace and war. Our mission, first and foremost, is to develop you into a Leader of lntegrity. We will provide you with a liberal education, honing your ability to think critically and make sound and effective decisions in the face of adversity.

Your training here, where the Severn meets the sea, will prepare you to be a role model: dedicated to the profession of arms, the traditions and values of the Naval Service, and the constitutional foundation of the United States. You will become an officer who understands and appreciates global and cross-cultural dynamics in an ever changing, technologically sophisticated environment.

Included in this packet are specific instructions to help you prepare for Induction Day and your transition from civilian to midshipmen life. Summers in Annapolis are hot and very humid; you are expected to be physically fit upon arrival.

Your selection to the Naval Academy proves that you have the talent to succeed here - only you can prove that you have the dedication. By accepting your appointment to the Naval Academy, you have made a commitment to push yourself beyond perceived limitations and strive for excellence. Remember, your future Sailors and Marines deserve nothing less than your best effort, every single day.

Once again, congratulations. I look forward to seeing you in July!

Sincerely,

W. E. CARTER
Vice Admiral, U.S. Navy
Superintendent

The Permit to Report Package

This Permit to Report Package contains numerous items of important and useful information, some of which require your immediate attention. This pamphlet will guide you through all the items in the package and provide you with detailed instructions on what actions you must take. Please ensure you follow all directions closely. This will guarantee that valuable time is not spent correcting mistakes.

Most items are to be postmarked by 22 May 2015. However, if you are unable to meet this deadline, please return the forms as soon as possible after that date.

Numbered items correspond to a sub-section of this booklet. Items with a "☐" indicate that a separate form is included in this package. If any of the items listed below are missing, contact the Admissions Office at 410-293-4392 or 888-249-7707, ext. 3-4392. You will also find a link to most forms on the Naval Academy Candidate Information System.

Please refer to the enclosed "Permit to Report Package Checklist" to assist in the completion of these important documents for Induction Day (I-Day).

In this package you will find a manila return envelope addressed to "Commandant of Midshipmen." The first two forms of the package (on top of this booklet when opening the envelope) are:

☐ 1. Permit to Report Letter
☐ 2. Request and Authorization for Midshipmen Accession Travel Form

This pamphlet is divided into four sections:

Section I Immediate Action Items for Commandant of Midshipmen tells you what forms you must complete immediately.

☐ 3. Agreement to Serve Form (3 copies)
☐ 4. Marriage/Dependents Declaration Form
☐ 5. Drug and Alcohol Abuse Statement of Understanding (with corresponding Commandant's letter to parents)
☐ 6. Servicemember's Group Life Insurance Election and Certificate (letter, instructions, and form)
☐ 7. Record of Emergency Data (NAVPERS 1070/602) (instructions and form)
☐ 8. Standard Form (SF)-86 Questionnaire for National Security Positions cover letter and worksheet
☐ 9. Consent to Disclosure of Personal Information Form (with corresponding Commandant's letter to parents)
☐ 10. Personal Swearing-In Ceremony Form
☐ 11. Midshipmen Pay and NFCU application
☐ 12. Notice regarding Maintenance of Private Medical Insurance
☐ 13a. Immunization Record and Questionnaire Form
☐ 13b. Patient Registration Form
☐ 13c. Spectacle Prescription Information Form
☐ 13d. Dental
☐ 14. Letter from the Dean of Admissions
☐ 15. Letter from the Associate Dean for Academic Affairs and Academic Background Questionnaire
☐ 16. ACE Loan Information

Section II Administrative Preparations: Complete for Induction Day tells you what forms you must complete and bring with you on Induction Day, or what other actions need to be done by you before you report.

☐ 17. Uniform Measurements Form
☐ 18. Command Religious Program Letter
☐ 19. NCAA Certification of Transfer Eligibility
☐ 20. Plebe Sponsor Questionnaire ***(access online)*** and corresponding Commandant's letter
☐ 21. Alumni Association / Foundation Forms and return envelope

Section III Miscellaneous discusses several important issues that will better prepare you for Plebe Summer.

☐ 22. Midshipman Publicity Background Record (USNA PYA 5720/3) and Fill-in-the-Blank News Release Forms and return envelope
☐ 23. Physical Fitness and Recommended Exercise Routine
☐ 24. Information on Vehicular Access to the Naval Academy
☐ 25. Naval Institute Membership Invitation

Section IV Background and Additional Information provides key information on the various aspects of life at the Naval Academy.

☐ USNA Gift Shop flyer
☐ Midshipmen Store brochure
☐ 2015 Navy Guide to Annapolis

1. Permit to Report Letter

DO NOT MAIL THE PERMIT TO REPORT LETTER. Bring it with you when you report to the Academy on Induction Day. This form will gain you access to the Naval Academy grounds.

Please make sure that you fill the form out completely and that you supply any documentation that is needed for reimbursement. If you travel by air and the U.S. Government **did not** purchase your airline ticket, you must submit a copy of the airline ticket or itinerary showing the dollar amount that you paid on I-Day. We cannot reimburse frequent flier miles or any other credited flights. You will only be reimbursed up to the government rate allowed.

If you choose to decline your appointment, you should so indicate in the box provided on the form, sign it, and return the form to the Naval Academy immediately. The appropriate address is on the form.

2. Request and Authorization for Midshipmen Accession Travel Form (for civilian candidates only; military will be issued orders)

All incoming Midshipmen must complete this form. Scan and email the completed form to NOMAPPS@USNA.EDU no later than 22 May 2015. If packet was received after 22 May, please return as soon as possible.

Please fill out Blocks 1-8, following the instructions on the form, and sign Block 10. **You must contact the Government Contracted Commercial Travel Office (CTO) at 1-800-235-9184 for any type of airline travel elected.**

If you elect to have the contracted Commercial Travel Office (CTO) arrange your travel (Block 7 a.), you will be e-mailed an itinerary and e-ticket by approximately 13 June 2015. **Ensure that CTO has your correct e-mail address.** Please keep in mind that CTO-arranged travel cannot be used for family or friends. If you have questions or trouble determining whether or not your ticket has been issued, please contact the CTO at 1-800-235-9184. The Office of Admissions will not be able to assist with travel.

Section I - Immediate Action Items

The items below require prompt and attentive action. Recovering from missing or inaccurate information will detract from Plebe Summer training.

Complete forms 3 through 11 listed below and return them to the Academy without delay (postmarked by Friday, 22 May 2015) in the large manila envelope addressed "United States Naval Academy, Commandant of Midshipmen." If you receive this packet after 22 May, please return all forms as quickly as possible. Please read all directions and explanations for each form carefully before beginning to fill it out. Use a **black** ballpoint pen to complete each form.

3. Agreement to Serve Forms

Three copies of the Agreement to Serve **MUST** be completed by each entering Midshipman. Sign, date and return the top two (2) copies of the Agreement to Serve. You should retain the third. The agreement contains the statutory military service obligations which you incur by attending the Naval Academy. It also explains provisions under which you may be required to reimburse the government for the cost of education you received should you voluntarily, or because of misconduct, fail to meet these service obligations. Finally, it gives current Navy policies concerning the administrative handling of Midshipmen who fail to complete the Academy's course of instruction through resignation or through separation for other causes.

Your signed Agreement to Serve constitutes an important personal commitment. You should read it carefully and be sure you understand it and its implications before signing.

If you are under the age of 18, either one of your parents or your legal guardian must also sign your agreement indicating understanding of its terms and consent to your action.

The statutory obligations you assume upon entering the Naval Academy are clearly stated in the agreement.

4. Marriage/Dependents Declaration Form

Complete the Marriage and Dependent Declaration form and return in the manila envelope to the "Commandant of Midshipmen." The purpose of this form is to verify eligibility for admission to the Naval Academy. Midshipmen regulations prohibit Midshipmen from being married, having dependents, or having dependent responsibilities. This form provides further information concerning parenthood, pregnancy and dependency obligations.

5. Drug and Alcohol Abuse Statement of Understanding with Corresponding Commandant's Letter to Parents

Complete the Drug and Alcohol Abuse Statement of Understanding and return it in the manila envelope to "Commandant of Midshipmen." The letter from the Commandant of Midshipmen is yours to keep.

6. Service Member's Group Life Insurance (SGLI) Form

Complete the Service Member's Group Life Insurance form and return. As a Midshipman attached to USNA, you will be automatically enrolled in SGLI unless you do not desire coverage. You are still required to complete the SGLI form if you do not desire coverage. Even if you are currently an enlisted Sailor or Marine, you will be required to complete a new form as a Midshipman.

Please take a few minutes and discuss with your family the amount of insurance needed and who to list as the beneficiary(ies). You are automatically insured for $400,000 upon entry at a cost of $27.00 per month. You may elect a lesser amount of coverage in increments of $50,000. If you do not desire the SGLI coverage, you will still complete the form but indicate that you do not want insurance. Should you elect coverage, the appropriate amount will be automatically deducted from your pay.

7. Record of Emergency Data Form

Complete the Record of Emergency Data Form and return in the manila enveloped addressed to the "Commandant of Midshipmen." This form becomes a permanent portion of your military service record and can be updated at any time. This will be used for emergency contact information and beneficiary notification.

8. Standard Form (SF)-86 Questionnaire

Complete the Standard Form-86 to the best of your ability and return in the manila envelope addressed to the "Commandant of Midshipmen." This form is required to process you for a SECRET clearance. You will need to provide specific information on the SF-86 worksheet that will be returned to you following Plebe Summer to assist you in completing an online, computerized SF-86. Make sure you answer all the questions accurately so that you do not delay your clearance. If you have any questions concerning this form, please contact Mr. (b) (6) [redacted], in Personnel Security, (b) (6) [redacted] or (b) (6) [redacted].

The possession and use of a foreign passport in preference to a U.S. passport raises doubts as to whether the individual's allegiance to the United States is paramount. Clearance will be denied or revoked unless the foreign passport is surrendered. Anyone who possesses a foreign passport must return the passport to the appropriate country's embassy or consulate, requesting a return endorsement. In lieu of returning the passport, it may be brought to the USNA Personnel Security office for documenting and witnessing its destruction. If you choose to return the passport the endorsement will be a prerequisite to any security clearance determination and must be provided to the USNA Personnel Security office when the online SF-86 is submitted.

9. Consent to Disclosure of Personal Information Form with Corresponding Commandant's Letter to Parents

Fill out Consent to Disclosure of Personal Information Form and return it in the manila envelope to "Commandant of Midshipmen." The letter from the Commandant of Midshipmen is yours to keep.

10. Personal Swearing-In Ceremony Form

Following the formal Oath of Office Ceremony on Induction Day, members of the Class of 2019 may be sworn in by a relative or close friend of the family who is an active duty, reserve or retired military member. The uniform is Navy Summer White or service equivalent. If unable to wear a uniform, appropriate civilian business attire is requested. If you would like to do this, please fill out this form and include it in the manila envelope to "Commandant of Midshipmen." If you do not desire a personal swearing-in ceremony, you do not need to return this form.

11. Midshipmen Pay and NFCU Application

All Midshipmen will be paid by electronic direct deposit. As such, all Midshipmen are required to maintain a bank account to permit electronic direct deposit of their pay every month. Enclosed is an application form from the Navy Federal Credit Union (NFCU). NFCU has a full service branch located on the Naval Academy grounds which is very convenient for the Midshipmen. Should you choose to open

an NFCU account, please complete the enclosed application form and mail it back in the envelope provided. If you do not wish to use NFCU for pay purposes, you are required to bring a signed direct deposit slip or VOIDED check from the bank you wish to use with you on I-Day.

12. Notice Regarding Maintenance of Private Medical Insurance

The importance of your understanding exactly what your entitlements are with regard to medical care should you become ill or injured cannot be emphasized enough. Please read and sign this form acknowledging your understanding. This subject is also covered in greater detail in Section IV under "Medical Care for Seriously Ill or Injured Midshipmen."

Note: 13a, b, c, and d are not required for candidates coming from the Naval Academy Preparatory School.

13a. Record of Immunization Form

Complete demographics on the "IMMUNIZATION RECORD FOR UNITED STATES NAVAL ACADEMY APPOINTEES." Your physician or other licensed health care provider **MUST** complete the vaccination history. Please mail one copy and hand carry two copies of this form to the Induction Day Immunization Station. Please do not leave this paperwork in your bags. This form is very important to us as it will determine the immunizations you will receive on I-Day. Please ensure all of the **REQUIRED** immunizations as noted on that form are received. They must be documented in month, day and year format, otherwise the record will not be accepted. Vaccine information sheets are available electronically at www.cdc.gov/vaccines if you have questions on the vaccines. We request that you review the information about the vaccines directly on the website. We do not plan on handing out vaccine information sheets to every student on I-Day. Any vaccines not given prior to I-Day will be given on that day at no cost to the student. Please note that one dose of Tdap is required. One dose of Menactra or Menveo vaccines is required after age 16. If your provider does not have those vaccines, please do not accept a substitute vaccination. The Department of Defense has not made a decision on the need for the Meningococcal B vaccine. The Center for Disease Control has recommended Bexsero or Trumenba for Meningococcal B high-risk patients. If you get the vaccination, we will continue the series at no cost to you at USNA. Our decision to vaccinate against Meningococcal B with Bexsero or Trumenba will be made by I-Day and will depend on the Department of Defense requirement. We will post a message on the NHC Annapolis Immunization website at www.med.navy.mil/sites/annapolis/PatientServices/Immunization/Pages/default.aspx by May to help guide the healthcare provider. In addition to the required vaccines, we highly recommend the HPV vaccine to all males and females attending the Academy. We will start ot continue the newest HPV vaccine for all men and women unless you specifically refuse on I-Day. The new HPV vaccine is approved for use in the U.S., but we have not gotten approval from the Center for Disease Control at the time these instructions were written. A documented **Mantoux Tuberculin Skin Test (PPD) or QuantiFERON®-TB Gold** must have been performed after Jan. 1 of this year prior to Induction Day. If you did the blood test for tuberculosis, please attach the results to this form and bring 2 copies with you. If you have a positive test, please bring copies of the evaluation done by your provider to include the X-ray report (if you still have one) to I-Day. We will have a provider review that evaluation to ensure it was appropriate and complete.

You MUST return this form to the address listed by **15 May (or within 2 weeks of receiving this package)**. In addition, you MUST bring TWO copies of the completed form (IMMUNIZATION RECORD FOR UNITED STATES NAVAL ACADEMY APPOINTEES) along with a completed "NHCA IMMUNIZATION GENERAL CONSENT (BMU and BHC)" with you when reporting to the Academy on I-Day. If a healthcare provider has any questions regarding immunizations, the provider can contact our immunization clinic at 410-293-1774. This phone number is for health care providers only. Parents and students should not be contacting the immunization clinic directly. In summary, the required forms for immunizations are:

- Immunization Record For United States Naval Academy Appointees (1 mailed, 2 copies for I Day)
- NHCA IMMUNIZATION GENERAL CONSENT (BMU and BHC)

Please bring TWO copies of the Immunization Record For United States Naval Academy appointees and ONE copy of the NHCA Immunization General Consent with you to the Immunization Station on I-Day. Do not leave them in your bag. Your bags will be collected prior to the Immunization Station.

The Admissions Office and Midshipmen Personnel will not be able to help you in regards to immunization questions.

13b. Patient Registration Form

Please complete the enclosed form and send the form to the address below.

13c. USNA Appointee Spectacle Prescription Information Form

If you do not wear glasses or contact lenses, do NOT fill out or return this form. Only candidates who wear glasses or contact lenses (including part-time use) need to complete this form. The form is required to order military glasses (civilian glasses and contact lenses are not authorized during the summer). Complete all candidate information and frame size sections. Your eye care provider must fill out and sign your glasses prescription information section. Fax the completed form to (410)-293-1131 (do not use a cover sheet or fax any other forms) or mail the completed form to the address below by **15 May 2015**. In addition, you **MUST** bring a copy of the completed form with you when reporting to the Academy. If you or your eye care provider has any questions, please contact the Naval Health Clinic Annapolis Optometry Clinic at 410-293-3617.

Please send all (3) forms to:

Medical Records
Naval Health Clinic Annapolis
250 Wood Road
Annapolis, MD 21402-5050

13d. Dental

At this point in the application process, you need to be aware that the USNA Office of Admissions assumes that all new Midshipmen will arrive at Annapolis with excellent medical and dental health, ready to immediately initiate an extremely rigorous Plebe summer and academic Fourth Class year. It is our intention to ensure you complete all requirements during Plebe summer uninterrupted by medical or dental conditions that require time away from your duties.

The USNA has an exceptional Dental Department that will provide all general and specialty dental care required

during your four years at the Academy. It is strongly suggested, however, that each perspective Midshipman have a complete dental examination performed by his/her family dentist prior to reporting in order to have any acute dental conditions completed prior to reporting. Examples of acute dental conditions include any cavities or tooth decay that require restoration or extraction of any wisdom teeth that are indicated for extraction. If extraction of wisdom teeth is performed prior to reporting, it is best that the surgery take place at least four weeks prior to I-Day to avoid any post operative complications that might be ongoing.

If the perspective Midshipman is undergoing active orthodontic treatment, the Dental Department has an orthodontist available to continue care. A waiver to matriculate into the Academy with braces should have been completed during the application process. If you plan to continue treatment at the Academy, you must have your waiver in hand upon arrival during I-day. Additionally, you must have a copy of your initial treatment plan and all orthodontic records to bring to your dental exam in the weeks following I-Day. This is required to ensure smooth transfer and continuity of care. If you do not have a waiver, braces must be removed prior to arrival on I day.

If you have questions, please contact the staff orthodontist at 410-293-3901.

If you have any questions concerning dental treatment, contact the Director, Dental Services, CDR (b) (6) [redacted] at (b) (6) [redacted] or (b) (6) [redacted]

14. Letter from the Dean of Admissions

Please read the letter from the Dean of Admissions. This letter is yours to keep.

15. Letter from the Associate Dean for Academic Affairs and Academic Background Questionnaire for the Class of 2019

Read the letter and complete the Academic Background Questionnaire for the Class of 2019 as listed in the enclosed letter from the Associate Dean for Academic Affairs. The Questionnaire can be found in the Candidate Information System.

16. Additional Clothing and Equipment (ACE) Loan

All reporting plebes will receive an interest-free government loan to help with initial expenses. Refer to the enclosed document entitled "ADVANCE FOR CLOTHING AND EQUIPMENT (ACE) LOAN INFORMATION CLASS OF 2019" and the "Budget Book" at the link provided on the Plebe Summer website for information specific to the financial obligation of all incoming Plebes and the processing of scholarships. No entrance fee is required. General pay-related questions can be referred to the Midshipmen Disbursing Office, 410-293-3301.

Section II – Administrative Preparations: Complete for Induction Day

Items in this section require action to be completed prior to reporting on Induction Day. Bring completed forms 17-19 with you to check-in.

17. Command Religious Program

The Command Religious Program offers a wide variety of worship services, religious education programs, pastoral counseling, and other activities that are available for your moral, spiritual, and religious enrichment throughout your four years as a Midshipman. Eight chaplains - all experienced Naval Officers - are assigned to the Naval Academy. These chaplains represent four Protestant denominations, the Roman Catholic Church, and the Jewish faith. The chaplains' mission is to care for everyone by providing ministry to members of their own faith groups and facilitating the free exercise of religion for other faith groups.

Worship services and other devotional activities are an integral component of the Plebe Summer routine for Midshipmen, including three Protestant worship services and two Catholic Masses on Sundays. There are also specific opportunities for worship and fellowship among Jewish Midshipmen and members of the Church of Jesus Christ of Latter-Day Saints, the Church of Christ, and the Church of Christ, Scientist. Lay leaders conduct prayer services for adherents of Islam. Please note that the unique training environment of Plebe Summer requires that parents do not visit Plebes during Plebe Summer worship services with the exception of Parents' Weekend. Candidates are allowed to bring a copy of their chosen Holy Scripture (e.g. Bible, Quaran, etc.), but please do not bring devotional material.

Your Naval Academy chaplains welcome you to Annapolis and look forward to assisting you in your moral and spiritual development.

18. NCAA Certification of Transfer Eligibility

This form is used to determine eligibility for intercollegiate athletics, **whether you plan to participate or not**. Please list **EVERY** prep school, junior/community college, four-year university/college and any military service since graduating from high school. It is extremely important that you note the **hours taken each semester and the sport(s) you participated in** while attending an institution of higher learning or in the military.

19. Plebe Sponsor Questionnaire

Please access the Naval Academy Candidate Information System (link available on the USNA Admissions home page) to submit this questionnaire online. It should be completed as soon as possible. The Plebe Sponsor Questionnaire must be completed regardless of whether you wish to participate in the program or not.

This questionnaire will be used to match each Plebe with a sponsor family of similar interests. If you know of someone who you would like to have as your sponsor and who lives within 30 miles of the U.S. Naval Academy, please provide that information on the Plebe Sponsor Questionnaire. More information about the Plebe Sponsor Program can be found in Section IV under Parent Information and in the enclosed letter from the Commandant. More information about the Plebe Sponsor Porgram can be found in Section IV under Parent Information, in the enclosed letter from the Commandant, or by calling the Sponsor Program Office at 410-293-7031.

20. Alumni Association and Foundation Forms

Please complete and postmark all information by 22 May 2015.

Plebe: The attached 3x5 white Life Membership at Graduation Form is to be returned in the envelope marked "USNA ALUMNI ASSOCIATION RECORDS – ATTN CLASS OF 2019 FORMS."

Parents: The yellow Plebe/Parent Information Form discussed in the enclosed letter from the President of the Alumni Association, and the Associate Membership Sign Up Form, addressed in the enclosed letter from the Director,

Membership and Business Operations, should be returned in the envelope marked "U.S. Naval Academy Alumni Association Membership." During Induction Day you will have an opportunity to speak with representatives from both the Alumni Association and Foundation.

Section III - Miscellaneous

Items in this section discuss several important issues that will better prepare you for Plebe Summer.

21. Midshipman Publicity Background Record (USNA PYA 5720/3) and Fill-in-the-Blank News Release

The Midshipman Publicity Background Record is used by the Naval Academy Public Affairs Office for biographical information about you when we respond to media queries and/or prepare news stories or photograph captions. Disclosure of this information is entirely voluntary and will allow the Public Affairs Office to publicly release information about your accomplishments at the Naval Academy.

Please fill out the form in its entirety, sign it at the bottom, and return it to the Naval Academy in the envelope marked PAO by 22 May 2015.

The Fill-in-the-Blank News Release form is used to notify your local news outlets of your child's induction into the Naval Academy. Disclosure of this information is entirely voluntary. This form does NOT need to be returned to the Naval Academy. You may complete and submit the form to your local news outlet of choice.

22. Physical Fitness and Recommended Exercise Routine

Physical education is an important part of the program at the Naval Academy. To ensure that you are physically prepared for Plebe Summer, you are encouraged to start a program designed to help develop cardiovascular endurance and upper body strength. We have provided you with a sample program and workout charts as an enclosure in the package. Listed below are a few examples of some of the physical requirements of Plebe Summer to help you prepare for the types of activities in which you will be participating:

- ***90 minutes, five days per week of strenuous physical calisthenics to increase cardio-respiratory fitness, muscular strength, endurance, flexibility and confidence.***
- ***Run up to 4.5 miles at a 7-8-minute per mile pace, interval and sprint training.***
- ***Obstacle and endurance courses that test balancing, leaping, climbing and team building skills.***
- ***Hand to Hand training that incorporates martial arts, boxing, and wrestling.***
- ***Climbing Wall training that involves upper body muscular strength and endurance, team building, and acclimatization to heights.***

It is imperative that you begin the recommended exercise routine, or one similar to it, NOW! Some common injuries historically seen during Plebe Summer, such as shin splints and minor foot, leg and back injuries, are related to being out of shape and can be prevented by your preparation beforehand.

Upon arrival, an Initial Strength Test (IST) will be administered to determine whether a Midshipman meets the minimum standards of physical fitness for Plebe physical training. At the end of Plebe Summer and during each semester, each Midshipman is required to pass a Physical Readiness Test (PRT). Failure to pass this test will result in assignment to a remedial program. The test consists of two minutes of timed push-ups and curl-ups followed by a timed 1.5 mile run. Passing the PRT every semester is a requirement for service at the Naval Academy. **Failure to pass the PRT may result in separation from the Naval Academy.**

For your information, the maximum and minimum scores for the PRT are as follows (women's standards are in parentheses):

- Maximums - push-ups: 101 (85), curl-ups: 101 (101), 1.5 mile run: 8:15 (9:35)
- Minimums - push-ups: 45 (20), curl-ups: 65 (65), 1.5 mile run: 10:30 (12:40)

It is suggested that you be able to swim a minimum of 100 yards utilizing any stroke and be able to tread water for 15 minutes. Failure to complete these tasks will result in assignment to the swim remedial program. Show up in shape, bring comfortable shoes, and most importantly …

Stick with the program!

23. Information on Vehicular Access to the Naval Academy

During I-Day vehicular access to USNA will be restricted. Vehicular access for pick-up and drop-off during I-Day will be granted to individuals presenting their Midshipman's Permit to Report letter along with a government issued picture ID. Parking on the Yard by parents during I-Day will not be authorized. Similar restrictions are implemented for various events throughout the school year such as Parents' Weekend and Commissioning Week.

Parents of Midshipmen will receive an ID card in the mail which, when presented with a photo ID, can be used to access the Academy with a vehicle 24 hours a day/seven days a week during your Midshipman's attendance at USNA. The pass expires two weeks after his or her graduation. It is not vehicle specific and may be used with rental cars. These cards are available for Midshipman parents, step-parents, and legal guardians only. No action is required to receive the initial card as it will arrive in early August. Each parent should receive his/her own card (maximum of two).

If a new card is required due to loss, change of address etc., it must be requested by the Midshipman via email to ***parkingandaccess@usna.edu*** or by the Midshipman visiting the Pass and ID office located in the Visitor Access Center at Gate One. A temporary pass may be issued immediately if the Midshipman applies in person. A new card will be available for pick up by the Midshipman or parent with proper photo ID. For parents arriving after hours and requiring access without a card, proceed to Gate Eight, present a government issued photo ID, and let the Sentry know identity as a Midshipman parent. The Sentry will check the database and facilitate entry.

The Midshipman Parent's Pass, which will arrive in August, replaces the Permit to Report letter to gain entry for the remainder of their Midshipman's attendance at USNA. Parking will be available at Navy-Marine Corps Stadium and at public parking lots in Annapolis.

Please direct any questions concerning vehicle access to the Pass & ID office located in the Visitor Access Center at 410-293-5762 or 410-293-4019. They are open from Monday through Friday, 0600-1530, closed on weekends and holidays.

<u>REMINDER</u>: The Office of Admissions will NOT

be able to help you with any questions regarding vehicle access to the Naval Academy or be able to duplicate Permit to Report Letters.

24. Naval Institute Membership Invitation

If you would like to be a member of the Naval Institute, visit their website at ***www.usni.org***.

Section IV - Background and Additional Information

Proof of Citizenship and Police Record Check

When you received your Fully Qualified Offer of Appointment from the Superintendent, you were asked to submit both proof of citizenship and a police record check. If you have not already done so, please ensure that the information is postmarked to Nominations and Appointments by 22 May 2015. **Do not return in the manila envelope addressed to the "Commandant of Midshipmen."**

Any one of the following can serve as proof of citizenship. Only originals, original copies from the issuing authority, notarized copies, or a certified true copy will be accepted. If a passport is going to be used, please send a notarized copy rather than the original.

– United States Birth Certificate
– United States Passport (if issued within the last two years)
– Certificate of Naturalization
– Certificate of Citizenship
– Consular Report of Birth Abroad

All candidates accepting their appointment to the Naval Academy are required to obtain a routine police record check from their local police department ***prior to reporting to the Academy*** on I-Day. You should have received your forms and instructions earlier with your Appointment Offer. To ensure a thorough police record check, you should determine all jurisdictions in which you have lived during the last five years, including your city or town police department, sheriff or constable's office, school law enforcement office, and the jurisdiction where you work or go to school, if it is different from where you reside. The police record check is for all violations of the law, including minor traffic and non-traffic violations. If you were charged with a misdemeanor or felony, a copy of the court record is required.

If your law enforcement office has a policy preventing the release of this information, ask them to provide a statement of their policy in lieu of the police record check. You must also submit a signed statement indicating whether or not you have any violations of the law.

If you have any questions regarding proof of citizenship (what type of documentation is required in your particular case or to confirm receipt) or the police record check (unable to complete it prior to I-Day, assistance needed in obtaining the information requested), please contact the Office of Admissions at 888-249-7707, ext. 3-4392. If you lost the return envelope from your Offer of Appointment, send your proof of citizenship and police record check to:

U.S. Naval Academy
Office of Admissions
Attn: Nominations and Appointments
52 King George Street
Annapolis, Maryland 21402-1318

Social Security

If you do not already have a Social Security card, you must obtain one promptly. All candidates reporting to the Naval Academy for admission as Midshipmen must have in their possession a Social Security card so that wages may be credited to their accounts.

Candidates receiving Social Security benefits will no longer be eligible for these payments after entering the Academy. The Social Security Administration advises that Midshipmen are not so entitled because they are employees of the United States while they are attending a U.S. service academy. Therefore, if you are receiving this benefit, you must inform the appropriate Social Security Office of your decision to enter the Naval Academy and give them the date of induction.

Travel Expenses

Ensure you have a copy of the "Midshipman Accession Travel Form" that you sent in to ***nomapps@usna.edu*** with you at check-in, along with all associated receipts for travel expenses, including tickets or copies of e-tickets, from your home to the Naval Academy with you on I-Day to support your travel claim for reimbursement.

If you arrange and pay for your Midshipman's travel, you will be reimbursed for your travel expenses from your home to the Naval Academy following induction up to the authorized government cost. Per Public Law 104-134, all federal government payments must be paid by Electronic Funds Transfer (EFT). For air or rail travel, reimbursement will be limited to the lesser of the actual cost or the cost of a government ticket. Use of frequent flyer miles is not an authorized reimbursable expense. If you choose to travel by privately owned vehicle (POV) you will be reimbursed for mileage and per diem in accordance with the Joint Federal Travel Regulations.

Tourist Passport Information: "Join the Navy and see the world!"

The Midshipmen summer training program offers the opportunity to travel to foreign ports during summer training cruises. Overseas ports of call include Australia, Singapore, Japan, Korea, Italy, Spain and many others. A tourist passport is the preferred document for overseas travel and increases a Midshipman's opportunity to be assigned to overseas cruises and to travel abroad during summer training and leave periods. Additionally, a tourist passport will be beneficial after graduation while serving in the fleet. Overseas training is an effective and rewarding experience that contributes to a Midshipman's professional development and geo-political awareness.

The United States Naval Academy Summer Training Office has encouraged all reporting candidates to obtain or apply for a civilian passport prior to reporting to the Academy on Induction Day.

A civilian passport may be applied for at many U.S. Postal offices and designated passport locations. You will need two passport pictures. These photos can be obtained at various locations. The cost is usually $10 to $15 for the pictures and $100 for the passport fee. A civilian passport is good for 10 years from the issue date. Additional information can be found on the web at ***http://travel.state.gov/passport/passport_1738.html***, in the yellow pages under "Passport and Visa Services," and/or at your local post office.

Bus Service From BWI Airport

For those who will be arriving by air on Tuesday, 30 June 2015, a complimentary bus service will be provided from Baltimore-Washington International Thurgood Marshall Airport (BWI) to the Naval Academy. The bus runs from 7

a.m. to 11 p.m. This service is only for candidates who are traveling by themselves. We regret that we are unable to accommodate family members or friends on these buses.

Upon arrival at BWI you are directed to check with the United States Naval Academy Information Desk (Customer Service Desk) located near the International Terminal Baggage Claim area of the airport. Signs will be placed at each of the main escalators directing you to the Customer Service Desk. The Customer Service Desk times vary; however, Naval Academy representation will be there from 7 a.m. to 11 p.m. on Monday, 30 June 2015. They will advise you of the next bus and where to meet it. This bus service is free of charge for all candidates.

Midshipmen and Ensigns or Second Lieutenants will be standing by to assist and ensure your safe arrival to the United States Naval Academy in Annapolis, Maryland. In case of emergency, call the Officer of the Watch at the Main Office in Bancroft Hall at 410-293-5001.

Those candidates who arrive before the Information Desk is set up or after it has closed should use the public transportation available (either taxi or shuttle) for transit to Annapolis. The cost is approximately $40 and is refundable through your travel claim. Please bring all receipts with you; if you choose to arrange your own transportation, it is recommended to schedule arrival flights to BWI Airport to take advantage of this bus service being provided by the Naval Academy. Transportation from Ronald Reagan National Airport or Dulles International Airport is not provided by the Naval Academy and should be arranged via taxi or limousine (approximate cost $50, refundable through your travel claim).

Induction Day

I-Day for the Class of 2019 is scheduled for Wednesday, 1 July 2015. The enclosed Permit to Report tells you exactly what time to report to the Naval Academy to begin the day-long induction process. For some candidates, this will be as early as 6:30 a.m.; for others it will be later in the morning. The important thing is to arrive in the Annapolis area with plenty of time to spare, making reasonable allowances in your plans for unexpected delays, including those caused by heavy I-Day traffic in Annapolis.

If you plan to arrive in the Annapolis area prior to I-Day, you should make your own arrangements for lodging. Unfortunately, no reimbursements can be made for the use of commercial lodging facilities. For information on lodging in the Annapolis area call the Annapolis and Anne Arundel County Visitors Bureau at 410-268-0445, or go to ***www.visitannapolis.org***. If you wish, candidates **only** may elect to spend the night prior to I-Day in Bancroft Hall, the Midshipmen's dormitory. In that case, report to the Main Office in Bancroft Hall for dormitory accommodations. Meals will not be provided prior to I-Day, but you will be permitted (and are encouraged) to go into town to get something to eat the night before I-Day.

Annapolis is hot and humid during the summer. We recommend that you report to the Naval Academy in lightweight slacks, a short sleeve shirt or blouse, and athletic shoes. Women should not wear skirts. If you are reporting from NAPS or from enlisted service, report in the Uniform of the Day. NAPS candidates will change into NAPS PE gear for the actual processing. Regulation Navy and Marine Corps PT gear will be authorized for all candidates reporting from the Fleet. You will be issued a summer working uniform and tennis shoes during I-Day. All candidates will be issued nearly everything that they will need for the duration of the summer, but candidates will be allowed to bring and utilize the following clothing as long as it meets Naval Academy uniform criteria:

- ☐ White jockey-style brief underwear (18 briefs will be issued on I-Day).
- ☐ White crew neck fitted cotton undershirts (9 undershirts will be issued on I-Day). Undershirts will be worn under uniforms and need to be tight fitting.
- ☐ White V-neck fitted cotton undershirts (15 undershirts will be issued on I-Day). Undershirts will be worn under uniforms and need to be tight fitting.
- ☐ White athletic tube socks (22 pairs of socks will be issued on I-Day). Tube socks need to reach just below mid-calf. Ankle socks will not be authorized for wear.
- ☐ Black or Navy Compression "Spandex" Shorts (6 shorts will be issued on I-Day). Shorts shall be worn underneath issued running mesh shorts.
- ☐ White sports bras (11 sports bras will be issued to females on I-Day).
- ☐ White or nude brassiere (NO regular bras will be issued to females on I-Day. Recommend bring 2). Plebes will have few opportunities to wear these over the summer; however recommended that regular bras be worn during uniform fittings.
- ☐ Running shoes **(See Note 1 below)**.
- ☐ Toiletries (razors, shaving cream, toothbrush, toothpaste, shampoo, liquid soap, hygiene products Plebes will have at least one visit to the Midshipmen Store over the summer to purchase necessary items.
- ☐ Enough money to last six weeks. Spending opportunities are limited to a few occasions over the summer. Recommend around $100.
- ☐ An inexpensive scientific calculator for placement exams. Exams are taken the first few days of Plebe Summer.
- ☐ Athletic shoes for any sports in which you will participate (i.e. soccer cleats, basketball shoes).
- ☐ Athletic equipment for any sports in which you desire to participate (i.e. lacrosse stick, tennis racket, baseball glove). Do not bring heavy or bulky equipment such as weights, bicycles, or golf clubs.
- ☐ Cellular Phone **(See Note 2 below)**.

NOTE 1 (RUNNING SHOES): All candidates will be issued running shoes on I-Day; however, candidates are highly encouraged to bring their own "broken-in" running shoes. Candidates will be authorized to wear these running shoes during physical training evolutions in order to cut down on medical injuries such as shin splints and blisters. Recommend consulting an athletic store that specializes in running to advise you on what running shoe is best for your foot type.

NOTE 2 (CELLULAR PHONES): If you wish, you are permitted to bring a cellular phone to facilitate calling home during specified times over the summer. When not being used, your cellular phone will be stored for you in a secure location (you will not be allowed to keep it in your room during Plebe Summer). If you don't bring a cellular phone, you will be provided access to a telephone to make these calls.

Over Plebe Summer you will be allowed to display pictures, postcards, or other similar personal items, although these items must fit on a 2' x 2' corkboard. Candidates should report with only minimal clothing in addition to the prescribed underclothing. The wearing of cosmetics and jewelry is not permitted during Plebe Summer. The only exception is a religious medallion necklace whose chain is long enough to prevent it showing in uniform. Wrist watches and electrical grooming equipment will NOT be authorized for use over Plebe Summer; however, all Candidates are authorized to bring these items with them on I-Day. If you choose to bring them with you on I-Day, they will be inventoried along with your civilian clothing and stored for you over the summer in a secure location. It is recommended that you bring all of these items in a collapsible overnight bag labeled with your name. Fourth Class Midshipmen are not authorized to have civilian clothes at the Naval Academy, and the clothing that you report in for I-Day will be returned to you over Parents' Weekend in order to return home with your parents. Candidates are highly discouraged from bringing high value items to Plebe Summer. Things you may **not** bring include:

- ☐ Stereo equipment
- ☐ Clock radios
- ☐ Lamps
- ☐ Over-the-counter medication
- ☐ Civilian clothing other than what you are wearing on I-Day and the items listed above

At your assigned reporting time on I-Day, you will be required to leave the company of relatives and friends to report to Alumni Hall to begin your induction processing. Refreshment stands, tours of the Naval Academy, an orientation briefing, and a picnic sponsored by the Alumni Association will be available during the day for relatives and friends who choose to remain for the Oath of Office Ceremony. There is a brief period of time set aside later in the afternoon, immediately following the Oath of Office Ceremony, to meet with relatives and friends. This is a good time to say your farewells. The next opportunity to visit with relatives and friends will be during Parents' Weekend, 13-15 August 2015.

Grooming Standards

Men's Hair and Beards. Midshipmen are required to keep their hair neatly trimmed. Mustaches and beards are not permitted. On I-Day, all male Plebes will receive a crew cut and will be required to keep this standard throughout Plebe Summer. Upon the conclusion of Plebe Summer, Fourth Class Midshipmen will be authorized to comply with academic year grooming standards.

Women's Hair. All female Plebes are required to have a haircut that is above their chin. Braids are authorized. If hair is not within regulations upon arrival on I-Day, female Plebes will receive a haircut. After the initial haircut on I-Day, hair may extend a maximum of 1-1/2 inches below the top of the jumper collar. Plebes will be authorized the use of two small barrettes similar to natural hair color over the summer. Rubber bands and bobby pins are not authorized over Plebe Summer to keep hair up with the exception of physical training. Upon the conclusion of Plebe Summer, Fourth Class Midshipmen will be authorized to comply with academic year grooming standards.

Medical/Dental

On Induction Day you will undergo a brief medical examination to ensure that you are still physically qualified for admission. You must pass this examination to be inducted. In most cases, this will be a routine screening examination to confirm no problems have developed since you had your candidate (DoDMERB) medical examination. If you have undergone surgery or had a serious illness or injury since that exam, or if your health is in question for any reason, you should expect to be examined more thoroughly.

Be aware that on the day you report for admission, you must be within the weight and body fat standards applied at your candidate medical examination or you will risk disqualification and not be permitted to enter the Class of 2019. Consult the height and weight standards in the online catalog to be sure you remain well within the requirements.

Optometry

To safeguard the health and career potential of our incoming Midshipmen the following rules shall be enforced:

Do not undergo corrective vision surgery (e.g. **PRK, LASEK or LASIK**) as this may be **disqualifying** and may not be waived for entry.

During Plebe Summer:

1. **No contact lenses are authorized during plebe summer.**

2. Glasses will be provided on I-day based upon your submission of the Spectacle Prescription Information form enclosed. **No civilian glasses will be permitted.**

Be advised that tinted or lenses that become tinted with sunlight are not permitted during military parades, military training, and inspections, these should not be your primary glasses.

However, you **should bring** two pairs of your most recently prescribed glasses, a supply of contact lenses (if you wear them) for use after the summer, and paper copies of your most recent glasses/contact lens prescriptions.

Health Status

If you have had any change in your health since your DoDMERB examination, you must notify us. Areas of particular concern are any and all surgery, orthopedic injuries (broken bones or joint injuries), head injuries, hospitalization, vision changes, loss of consciousness, and any condition which might preclude your full participation in our rigorous athletic program. Mail or fax documentation of any changes in your health status since your DoDMERB examination to:

U.S. Naval Academy
Office of Admissions
Attn: Medical Liaison
117 Decatur Road
Annapolis, MD 21402-5018
410-293-4381
Fax: 410-293-1819

Medications

If you are taking medication prescribed by a physician, you must bring it with you on I-Day. The medication must be in a labeled container and you must bring a note from the physician stating the name of the medication, the dosage, the dates the medication is intended to be taken, and the reason it was prescribed. You will be evaluated and, if the medication is felt to be appropriate, the condition will be documented in your health record and you will be authorized to continue using the medication. DO NOT bring over-the-counter (OTC) medications (e.g. Motrin, Tylenol, Tums, cold tablets),

food supplements or vitamins. If you have any questions or concerns regarding your health status or medications, please contact the Senior Medical Officer.

Medical Care for Seriously Ill or Injured Midshipmen

When a Midshipman becomes ill or injured, the Navy will provide or pay for qualified medical expenses incurred as a result of the illness or injury, similar to benefits provided all active duty members of the U.S. Armed Forces, so long as the Midshipman remains physically qualified for commissioning. Care is normally provided in government health care facilities. Payment for care received in civilian medical facilities generally is not authorized, although exceptions may be made for emergencies. In the event long term inpatient medical care is required, a Midshipman typically will be treated at a suitable military or VA hospital.

If a Midshipman's medical condition is such that his or her suitability for commissioning is questionable, a medical board consisting of Navy physicians will be convened. The board will report its findings and recommendations to the Superintendent. If the board finds a Midshipman is not physically qualified for commissioning and the Superintendent concurs with those findings, the recommendation that the Midshipman be disenrolled from the Academy will be forwarded to the Secretary of the Navy. The Secretary of the Navy will take final action on the recommendation.

NOTICE: We strongly recommend that you contact your local health insurance provider to discuss your and your parents' options of procuring and maintaining private medical insurance to ensure medical coverage in the rare case you become seriously ill or injured and are separated from the Naval Academy prior to graduation/commissioning. Please discuss this matter with your parents and contact your local health insurance provider to discuss options for coverage. Generally, such coverage is inexpensive (or can be maintained at no cost through parent's employer) and can prevent serious financial problems. In the highly unlikely event you develop or are discovered to have a disqualifying medical condition (e.g. epilepsy, diabetes mellitus, ulcerative colitis, serious injury) requiring separation from the Naval Academy, your ability to obtain health insurance will be significantly compromised. Also, be aware that Midshipmen only qualify for limited disability benefits, making private insurance more important if a catastrophic injury or illness occurs. For this reason, if for no other, having private health insurance already in place will be a wise investment in securing future coverage for health care that might not be possible to obtain after a diagnosis has been made.

Tattoos, Brands, Body Piercing

Navy Regulations prohibit tattoos, body art, or brands that are visible in a Navy uniform; *e.g.,* those on the head, face, neck, scalp, arms or hands. Further, regulations state "tattoos, body art, or brands that are prejudicial to good order, discipline and morale or are of a nature to bring discredit upon the Navy are prohibited." Body art and ornamentation, therefore, that are excessive, obscene, sexually explicit or that advocate or symbolize sex, gender, racial, religious, ethnic or national origin discrimination or gang affiliation, supremacist or extremist groups, or drug use are strictly prohibited. If you have such a tattoo or skin amendment, contact the Director, Nominations and Appointments promptly, in writing. The Naval Academy prohibits members of the Brigade of Midshipmen or members of the Naval Academy Preparatory School from acquiring body alterations to include: tattoos, brands, body piercing or other intentional self-mutilation. All tattoos/body art/brands on the head, face, neck or scalp are prohibited.

Included in your Offer of Appointment package was a statement of understanding regarding body alterations, which you should have completed and returned with your offer of acceptance. If you did not return the form, submit it immediately to the Director, Nominations and Appointments at the address in the "Health Status" paragraph. Once the statement of understanding regarding body alterations is received, USNA Admissions will inform any candidate whose body alterations are being reviewed for compliance with USNA policies. The Body Alteration Review Board will convene in May 2015 to screen all statements of understanding regarding body alteration(s). Following the Body Alteration Review Board, USNA Admissions will inform the affected candidates of the Commandant's decision regarding the acceptability of their particular body alterations. Admissions will clearly delineate any requirements the appointee must meet (*e.g.* remove part or all of a particular tattoo) prior to Induction Day or reporting to NAPS.

Pre-existing body alterations must comply with the Naval Academy policy or they must be removed/replaced at the candidate's expense unless a waiver is granted by the Naval Academy Body Alteration Review Board. Any pre-existing body alterations shall not be visible in the Summer White Uniform, "either on the skin that shows outside of the uniform or through the fabric."

Any candidate who reports with a tattoo, brand, or body piercing which does not conform to our policy, who has not been cleared through the procedure explained in our correspondence, or has not contacted the Director, Nominations and Appointments should anticipate not being inducted into the Brigade.

Color Vision Screening

On I-Day you will be screened to confirm that you have normal color vision.

Alcohol and Drug Screening

The Department of Defense, Navy, and Naval Academy regulations clearly prohibit the use of illegal drugs, including anabolic steroids. The National Defense Authorization Act mandates that appointees to all officer accession programs undergo testing for drug and alcohol use within 72 hours of being formally inducted. You will be required to submit a urine specimen for drug testing and to undergo breathalyzer testing for recent alcohol ingestion. A confirmed positive result in either test or a refusal to undergo testing will result in immediate disqualification; no waivers are authorized.

HIV Testing

Blood samples drawn on I-Day will be tested for antibodies to the Human Immunodeficiency Virus (HIV), the agent responsible for the Acquired Immune Deficiency Syndrome (AIDS). Any individual confirmed to be HIV antibody positive will, after thorough evaluation, education, and counseling, be separated from the Naval Academy. Strict confidentiality will be observed in any such case.

Dental Examination

A dental screening examination will be conducted during Plebe Summer. It is highly recommended that you report to Induction Day dentally healthy. This would include a recent dental check-up including third molar (molar tooth)

evaluation by a general dentist and/or an oral surgeon. If you have any concerns about your dental status, you should report all relevant information to:

CDR (b) (6) [redacted], DC, USN
Director, Brigade Dental Unit
U.S. Naval Academy
101 Sands Road
Annapolis, MD 21402-5077
(b) (6) [redacted]

Be sure to include your full name and social security number on all correspondence regarding your medical and dental status.

Contacting Midshipmen in an Emergency

In the event of an emergency, your parents or guardian should notify the Officer of the Watch at the Main Office in Bancroft Hall 410-293-2701/2702. The Officer of the Watch will ensure that appropriate actions are taken.

Telephone messages of non-emergency but urgent nature may be relayed through the Midshipmen watch standers at the Main Office, 410-293-5001/5002.

Mailing Address for Midshipmen

Plebes are able to receive mail during Plebe Summer. The proper format is:

MIDN John L. Doe
USNA Class of 2019
X Company, X Platoon
Annapolis, MD 21412

Plebes will learn their Company and Platoon designators on I-Day. After Plebe Summer, Midshipmen will receive a P.O. Box number for use in receiving mail. The only zip code midshipmen can receive mail to is 21412.

Care Packages

"Care package" is a Midshipman term for goodies from home and is a very effective morale booster. However, during the controlled training environment of Plebe Summer, the sending of junk foods to a Plebe is highly discouraged. Provide the following guidelines to anyone who will be sending care packages.

- Please limit the size of the shipping container to no larger than a shoe box. All food should be shipped in an airtight container.
- All items should be single serving and non-perishable. There are no refrigerators available in Bancroft Hall for food storage. No medications or vitamins are allowed.
- Junk food is highly discouraged during Plebe Summer. The regimen of Plebe Summer is a controlled training environment and requires adherence to a healthy diet.
- Due to health concerns and storage limitations, excess junk food that cannot be stored or consumed immediately will be disposed of.
- Some suggestions for things to include in care packages:
  - Individually wrapped granola bars or energy bars
  - Powdered sports drink mixes
  - Letters from home

E-mail

You will be assigned an e-mail address upon the completion of Plebe Summer. This e-mail address will remain the same during your four years here. During Plebe Summer training, you will not have access to a computer to send or receive e-mails.

Reef Points

The annual handbook of the Brigade of Midshipmen will be issued to you on Induction Day. During the course of Plebe Summer, you will be required to commit portions of it to memory and be familiar with all of its contents.

When reporting for I-Day, Plebes will be expected to know *verbatim* the Mission of the United States Naval Academy, the administrative chain of command, and the first three General Orders of a Sentry.

The Mission of the Naval Academy

To develop Midshipmen morally, mentally and physically and to imbue them with the highest ideals of duty, honor, and loyalty in order to graduate leaders who are dedicated to a career of naval service and have potential for future development in mind and character to assume the highest responsibilities of command, citizenship and government.

Your Administrative Chain of Command:

Commander in Chief: President Barack Obama
Secretary of Defense: The Honorable Ashton Carter
Secretary of Navy: The Honorable Ray Mabus
Chief of Naval Operations: Admiral Jonathan Greenert, USN
Superintendent of USNA: Vice Admiral William E. Carter, USN
Commandant of Midshipmen: Captain William Byrne, USN

First Three General Orders of a Sentry:

First: To take charge of this post and all government property in view.

Second: To walk my post in a military manner, keeping always alert and observing everything that takes place within sight or hearing.

Third: To report all violations of orders I am instructed to enforce.

The Naval Academy Commitment

The Naval Academy makes a commitment when you accept an appointment as a Midshipman. You are assured of the opportunity for a solid, first-rate college education that is nationally respected. You also are presented the opportunity to grow personally—learning integrity, leadership and the heights of your own abilities. Finally, you are promised comprehensive professional training that will prepare you well for challenging opportunities later as a Navy or Marine Corps officer.

There is still another part of the Naval Academy commitment that reinforces everything else. The admissions process is designed to accept only those applicants who can meet the academic and military challenges at the Academy. Therefore, every Midshipman is guaranteed the opportunity and support necessary to succeed. Members of the Naval Academy's faculty and staff are committed to this principle. The personal counseling network, small class sizes (typically of 20 or fewer students), protected study periods, availability of extra academic instruction until 11 p.m. daily, modern educational facilities and sponsor program all reflect that commitment. The fact that more than 80 percent of those entering the Academy successfully complete the four-year program is proof positive of that commitment.

In return for the Naval Academy's commitment, you are asked to make a commitment. You must accept the challenge of a rigorous program integrating academic studies, military training, physical education and athletics. You also take an Oath of Office accepting appointment as a Midshipman in

the United States Navy, the first step toward becoming a commissioned Navy or Marine Corps officer.

The purpose of the Naval Academy is to prepare Midshipmen to become professional officers in the United States Navy and the United States Marine Corps. You should enter the Naval Academy fully prepared to undertake the challenging four-year curriculum and to serve as a Navy or Marine Corps officer for a minimum of five years after graduation. A naval career is an exciting one. During the fall semester of their senior year at the Academy, Midshipmen receive their service assignment into various naval warfare communities. Assignment is based on performance, individual preference, and needs of the Navy. Most Midshipmen are assigned to either serve as Surface Warfare Officers, Navy Pilots or Flight Officers, Submarine Officers, or Marines. A few Midshipmen are assigned to Special Warfare (Navy SEALs) and Special Operations (Explosive Ordnance Disposal) as well.

After graduation, most newly commissioned officers report directly to their professional school and then to the Fleet or Fleet Marine Force. The lessons learned after four years at the Naval Academy are put to immediate use.

Plebe Summer

Plebe Summer's orientation program is fast-paced and begins the four years of military training you will receive at Annapolis in preparation for your commissioning as an officer. Upon arrival, you will begin your military indoctrination at USNA. You will march and wear a uniform your very first day.

Your military training throughout the summer will be under the close supervision of selected First Class Midshipmen (seniors), commissioned officers and senior enlisted service members. The basic military training unit is a squad. Each squad is made up of about 10 Plebes. You will be assigned to a squad, and since the development of teamwork is a vital aspect of your training program, you will be expected to participate fully in all activities of your military unit.

Plebe Summer is a very intense environment. Stress is a deliberate part of the program. You will march, swim, sail, be trained and tested in physical fitness, fire both a pistol and a rifle, compete in athletics, and go to classes, all as a member of your military unit.

You will experience both success and failure. It is not uncommon for some individuals to question themselves when placed in a stressful environment. Your successes will be rewarded with commendations, and your failures will result in constructive criticism and guidance. Through it all, you must maintain a healthy perspective and learn from your experiences. If you work hard and maintain a sense of humor, Plebe Summer will be a rewarding experience you will never forget or regret.

If you make the decision to leave, you can expect to be interviewed by several commissioned officers to make sure your decision is a sound one and not based on emotion. They will be well-equipped to discuss the Naval Academy after Plebe Summer and the difficulty of adjusting to military life. If you still desire to resign, your letter of resignation will be forwarded to the Officer-in-Charge of the Fourth Class Regiment, and it should take approximately seven to ten working days to process separation from that point.

A final note regarding Plebe Summer: Your abrupt entry into a new way of life, featuring the mental stress and physical exertion of a military environment, may lead to temporary physiological changes. For example, eating habits and bodily functions will probably change. Once you have adjusted to your new way of life, mental and physical reactions should return to normal. Our medical personnel are available to assist you with this and any other questions or problems you may have while at the Academy.

The Honor Concept

The Honor Concept of the Brigade of Midshipmen is a simple standard of integrity to which every honorable person aspires. Simply stated:

"Midshipmen are persons of integrity:
They stand for that which is right.
They tell the truth and ensure that the full truth is known
They do not lie.
They embrace fairness in all actions.
They ensure that work submitted as their own is their own, and that assistance received from any source is authorized and properly documented.
They do not cheat.
They respect the property of others and ensure that others are able to benefit from the use of their own property.
They do not steal."

The Honor Concept is based on the assumption that each individual has the moral courage and the desire to do the right thing because it is right, not through fear of punishment.

Learning to accept and apply the concept is in itself an educational objective. Midshipmen are expected to make conscious decisions regarding its application and to accept the moral consequences of their decisions. The concept and its application are consistent with Navy and Marine Corps practices and traditions, and its acceptance and usage at the Academy enhance the preparation of Midshipmen for service in the Fleet.

The concept not only applies to Midshipmen while at the Naval Academy or while in training at some other duty station, it also applies while on leave or liberty. Honor and personal integrity are expected to be basic to every Midshipman's life. The Honor Concept was originated by members of the Brigade of Midshipmen, and the responsibility for its operation and administration continues to rest with the Midshipmen to this day.

The Honor Treatise

The Honor Treatise of the Brigade of Midshipmen reinforces the Honor Concept. Written by Midshipmen, its goal is to capture the purpose and vision of the Honor Concept as a principle based system.

"As a Brigade we cherish the diverse backgrounds and talents of every Midshipman yet recognize the common thread that unites us: the trust and confidence of the American people.

They have appointed us to defend our country by developing our minds, our bodies and most especially, our moral character.

It is our responsibility to develop a selfless sense of duty that demands excellence both of ourselves and of those with whom we serve. We must honor our loyalties without compromising our ultimate obligation to the truth. Our leadership must set a standard that reflects loyalty to our goals and the courage to stand accountable for all our actions, both those that lead to success and to those that end in failure. We will never settle for achieving merely what is

expected of us but will strive for a standard of excellence that reflects the dedication and courage of those who have gone before us. When we attain our goal, we will raise our expectations; when we fall short, we will rise up and try again. In essence, we espouse leadership by example, a leadership that will inspire others to follow wherever we may lead.

Countless challenges and trials lie before us. We believe that those with the strongest moral foundation will be the leaders who best reflect the legacy of the Naval Academy. This is our call as Midshipmen: it is a mission we proudly accept."

Parent Information

Welcome to USNA

Enclosed are brochures provided by the Naval Academy Visitor Center and the Midshipman Store to help you and your parents get around the Naval Academy grounds. The Naval Academy Visitor Center also provides excellent tours for a nominal fee that you and your family can take.

Parent Activities on I-Day

Along with the full schedule that I-Day entails for you, your parents will also take part in many activities. A full itinerary is planned for parents to enjoy. There will be a table set up outside Alumni Hall that will give parents vital information for events on I-Day.

The day will start with a Colors Ceremony in Tecumseh Court, Band Concerts throughout the day, a picnic sponsored by the Naval Academy Alumni Association and Foundation, book signings at the Naval Academy Visitor Center, a tour on the Yard Patrol crafts and briefings for all parents to inform them about the challenges you will overcome. The day will end with the Oath of Office Ceremony and a brief farewell.

A detailed schedule can be found on the Naval Academy web page at ***http://www.usna.edu/PlebeSummer/iday.php***.

Plebe Summer Website

During Plebe Summer, your parents will be able to follow along with the training of the Class of 2019 as they participate in various activities throughout the summer. Please notify your family and friends of the following website: ***http://www.usna.edu/PlebeSummer/index.php***.

Parents' Weekend

Your immediate family should plan to visit with you during our four-day Parents' Weekend, 13-15 August 2015. The weekend's special program of events offers your parents a unique opportunity to have a close look at the Annapolis environment and to see for themselves how well you are developing as a Midshipman. This will be the first time since I-Day that Plebes will be allowed to have visitors.

A detailed schedule of events and related information concerning Parents' Weekend will be forwarded by the Superintendent to your parents in mid-July. Some 5,000 family members and friends of the Class of 2019 are expected to be in attendance. We hope your parents will be among them.

The Plebe Parents' Weekend Schedule can be found on the Naval Academy Web page at ***http://www.usna.edu/PlebeSummer*** after 1 June 2015.

Plebe Sponsor Program

The Plebe Sponsor Program provides members of the U.S. Naval Academy's entering class an opportunity to develop and benefit from informal exchanges with civilian and military members in Annapolis and its adjacent communities. This program provides Midshipmen a home away from home during their first year at the Academy. Plebes typically visit with their sponsors on Saturdays when they have liberty.

To encourage a give-and-take relationship, plebes may invite their sponsors to sporting events and other activities at the Academy throughout the year. There is also an annual sponsor appreciation weekend, typically in early winter, which allows the Midshipmen to show their appreciation to their sponsors.

The degree and length of involvement between sponsor and Midshipman is determined strictly by the relationship developed. In many cases the Plebe-sponsor involvement leads to a friendship that lasts long after the Midshipman has graduated. The matching process is based on the Plebe's preferences of special interests, home state, etc. as recorded on the Plebe Questionnaire. On the questionnaire, there is also the opportunity for a Plebe to request a specific sponsor by listing the individual's name, address, telephone number and/or e-mail.

The sponsor must meet all eligibility criteria and must also request the Plebe on a sponsor application. Active Duty and retired military (E-6 and above or O-3 and above) and civilians will be considered for assignment as sponsors. All sponsors must be over the age of 28 to be assigned. Sponsors must live within a 30-mile radius of the Academy and agree to attend a mandatory briefing that is held during the summer. If you have a friend or family member who meets the eligibility criteria and would like to request an application to be your sponsor, have them contact the Plebe Sponsor Coordinator with their name and address at ***sponsor@usna.edu***. Applications must be filled out and returned no later than 30 June 2015. In order to match plebes with their sponsors, this deadline must be met. Those who do not have a specific by-name request for a sponsor family will be matched based on interests and preferences.

Plebes and their families should find this first year at the Academy exciting. Please direct questions about the Plebe Sponsor Program to the Plebe Sponsor Coordinator at ***sponsor@usna.edu***.

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